

PENDING CLAIMS AS AMENDED

Please amend the claims as follows:

1. (Amended) A method for transmitting data comprising the steps of:
transmitting a message indicative of the rate of said data prior to and independent of data transmission and the time interval over which said data will be transmitted at said rate; and
transmitting said data at said rate during said time interval.
 - C2 2. (Amended) The method of Claim 1 wherein said message comprises:
an indication of the [tram] frame type;
an indication of said rate of said data; and
an indication of said time interval.
 3. (Original) The method of Claim 1 wherein said message comprises:
a two bit indication of the frame type;
a four bit indication of said rate of said data; and
a four bit indication of said time interval.
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